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Enlightenment constitutes a signal achievement: it is at once an enormous synthesis of previous scholarship and a powerful argument for reading the history of food as a full partner with the history of science in developing the dietetic, esthetic, philosophical,

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Eating the Enlightenment deals a brand new viewpoint at the background of meals, writings approximately food, nutrition, and meals chemistry as a key to greater debates over the country of the country in previous Regime France. Embracing quite a lot of authors and medical or clinical practitioners—from physicians and poets to philosophes and playwrights—E. C. Spary demonstrates how public ...

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Each chapter of Eating the Enlightenment details a different aspect of this story in loosely chronological order. First, we get the rise of advice literature focused on the stomach. First, we get the rise of advice literature focused on the stomach.

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Eating the Enlightenment offers a new perspective on the history of food, looking at writings about cuisine, diet, and food chemistry as a key to larger debates over the state of the nation in Old Regime France. Embracing a wide range of authors and scientific or medical practitioners—from physicians and poets to philosophes and playwrights ...

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### **Eating The Enlightenment Food And The Sciences In Paris**

crowded with experts extolling contradictory advice that seems to change daily: soy prevents cancer — eat more tofu! No, soy disrupts hormones — don't eat tofu! It's enough to make one wish for simpler

days, but Eating the Enlightenment reminds us that those simpler days likely never existed.

### **Eating the Enlightenment: Food and the Sciences in Paris**

Spary argues that living an enlightened life, which many of her characters aspired to do, meant keeping up with trends not just in philosophy and literature but also in food imports and modes of preparation, in medical debates about nutrition and digestion, and in fashionable modes of ingesting food and drink.

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### **Eating The Enlightenment Food And The Sciences In Paris**

I have never read or heard that you can eat your way to enlightenment!! However, there is more and more research on the importance of eating vital, nutritious food to create a strong healthy physiology.

### **Food for Enlightenment**

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### **Eating the Enlightenment. Food and the Sciences in Paris**

"Food when consumed becomes threefold, the gross particles become excreta, the middling ones flesh and the fine ones the mind." In this modern age many people are very well aware that the food they eat is directly related to the state of their body and their health.

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